



BENSHAM MANOR School

Curriculum Map - Food Technology 2019-2020

	YEAR 7	YEAR 8	YEAR 9	Year 10	Year 11
Autumn Term 1		<ul style="list-style-type: none"> • Cereal grains • Practical cookery 	<ul style="list-style-type: none"> • Meat and Nutrition • Practical cookery 	BTEC - Home cooking skills <ul style="list-style-type: none"> • Safety & hygiene • Food poisoning • Preparation methods • Ingredient change affects taste • Practical Cookery 	BTEC - Home cooking skills <ul style="list-style-type: none"> • Raising agents • Economising • Food preservation • Reducing waste • Value for money • Practical Cookery
Autumn Term 2		<ul style="list-style-type: none"> • Nutrition • Practical cookery 	<ul style="list-style-type: none"> • Study of fish and nutrition • Practical cookery 		
Spring Term 1		<ul style="list-style-type: none"> • Studying Dairy foods • Practical cookery 	<ul style="list-style-type: none"> • Studying Fats • Practical cookery 	<ul style="list-style-type: none"> • Links between food & health • Planning healthy meals • Healthy meals • “ 5-a-day” • Practical cookery 	<ul style="list-style-type: none"> • Focus on organizing and food shopping • Completing missing/absent sheets • Practical assessment dish • Completing portfolio
Spring Term 2		<ul style="list-style-type: none"> • Studying Eggs • Practical cookery 	<ul style="list-style-type: none"> • A focus on salt • Current Nutritional Guidelines • Practical cookery 		
Summer Term 1		<ul style="list-style-type: none"> • Sugar and Teeth • Practical cookery 	<ul style="list-style-type: none"> • Dietary conditions • Anaemia • Practical cookery • Diabetes 	<ul style="list-style-type: none"> • Knowledge on preparation of fish, poultry & meat • Types of • Cuts of • Cooking methods of • Practical Cookery 	<ul style="list-style-type: none"> • Practical cookery
Summer Term 2		<ul style="list-style-type: none"> • Herbs and Spices • Practical cookery 	<ul style="list-style-type: none"> • Dietary conditions • Coeliac • Food allergens • Practical cookery 		